

Worksheet I

Name and surname:

Form: Date:

FOODS AND NUTRIENTS

A Indicate whether these are foods, or nutrients.

Milk

Sucrose

Glucose

Trout

Vitamins

Egg

Pear

Calcium

Proteins

Macaroni

Pizza

Phosphorus.....

Starch

Beef steak

B Indicate the function or functions carried out by the different nutrients. Draw arrows to match the terms in the first column with those in the second column.**A.** Minerals

1. Energetic function

B. Glucosides

2. Regulating function

C. Lipids

3. Structural function

D. Proteins**E.** Vitamins

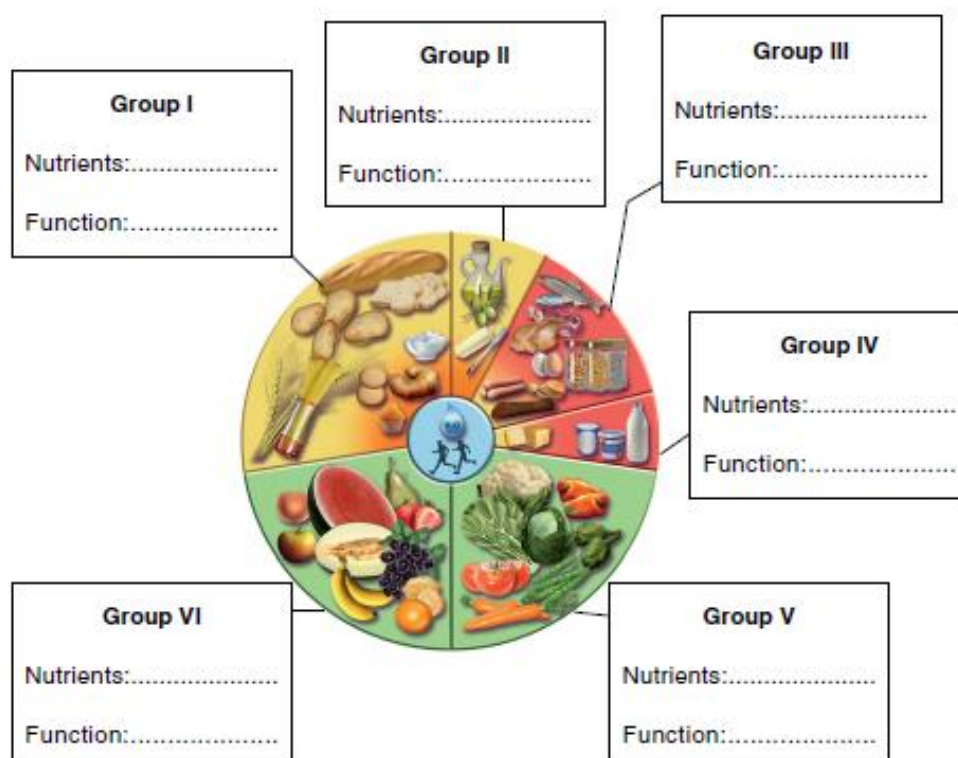
Worksheet II

Name and surname:

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THE CLASSIFICATION OF FOOD

A Complete the food wheel.



B Look at the food wheel and complete the following sentences.

- The food groups that carry out the same have the same colours.
- The food groups that are red carry out a in the organism; those that are green, a; and those that are yellow, an
- The sizes of the food groups are not equal, they depend on their in the diet. The foods that have to be eaten in greater quantity are represented in a size than those which are consumed

Worksheet III

Name and surname:

Form: Date:

A BALANCED DIET

A Indicate whether the following sentences are true (T) or false (F).

1. A balanced diet gives us the necessary amounts of each nutrient. ☐
2. The diet mustn't include any fat. ☐
3. In the Mediterranean diet, the majority of the proteins come from fish. ☐
4. In the Mediterranean diet, the main source of fat is butter. ☐
5. A pure vegetarian diet is not healthy. ☐
6. A balanced diet must contain over 40% proteins. ☐
7. A balanced diet must include vegetable fibre. ☐

B Mark with an X the characteristics that belong to a balanced diet.

| CHARACTERISTICS | |
|---|--|
| It is a varied diet. | |
| It provides us with the energy and nutrients necessary to carry out our activities. | |
| It is healthy. | |
| It is a weight-loss diet. | |
| Most of the fat should come from vegetables and oily fish. | |
| Between 55-60% of the energy should come from glucosides. | |
| Proteins should provide no more than 40% of the energy. | |